

McGILL DAILY

VOL. 64 PRE-PUBLICATION ISSUE AUGUST, 1974

3 CENTS

Women: So you think you're getting an equal education?

- only one-quarter of women capable of doing college work go to college, compared with one-half of qualified men.
- only 70% as many undergraduate women as men want to go to graduate school
- although more women than ever received college degrees in 1970, the percentage of recipients who were women (43%) was actually lower than in 1899 (53%).
- twice as many women as men stop at the MA level
- the proportion of women earning doctorates has barely risen from its low in the forties and fifties to its high of 15% in the 1930's
- 91% of the women receiving Ph.D's in the midfifties were employed seven years later, belying the myth that women who have been extensively educated do not "use" their training
- women are in those fields of study with the lowest prestige and the fewest funds
- in 1967 only 12% of physicians in Canada were women, compared to 25% in England and 75% in the U.S.S.R.
- about 3% of Canadian lawyers are women, compared with more than 20% in France and about 40% in the U.S.S.R. Of the nation's 889 judges and magistrates in 1969, only 14 were women.

Statistical evidence reflects persistent barriers which restrict women's educational opportunities. All reports on the status of women at universities (including an unofficial McGill Senate report in 1971) state that women are a small proportion of the faculty, that they are paid less in every academic rank, that the university educates fewer women than men and educates them less well. Women were found to be under-represented at every level — student body, administration, faculty, trustees and board of governors. They were consistently represented only in roles having no relationship with policy-making.

It is undeniable that bias against women in the academic world has kept them from assuming a position of prominence. Women are denied freedom of choice in education by discriminatory institutional policies, social pressure, and by their social conditioning and accompanying attitudes. Traditionally, a girl has been caught in a double bind, encouraged to do well at school (and usually succeeding better than boys), but at the same time to believe that being a wife and mother should be her primary goal. No evidence has shown an important difference between men and women in academic potential.

The conflict between the desire to achieve and the traditional definitions of femininity is particularly acute for university women. It is obvious that special services must be developed within the university to encourage and help women pursue their education and future careers. Special courses dealing with women in society and literature must be instituted to teach women of their history, inform them of present inequities within society, and encourage them to control futures. But what is McGill doing for women? What should be done?

Health Services

The McGill Health Service offers free medical services to all McGill students. For women in particular there is an excellent gynecological clinic, which is open every week-day on an appointment basis. Women may obtain check-ups, pap smears, birth control information and counselling, and contraceptive prescriptions. Tests to determine pregnancy and V.D. are also given. If you suspect you have a venereal disease, visit Health Services immediately. Infectious diseases, syphilis, and gonorrhea are now outranked in incidence only by the common cold. Sex counselling (single or couples) is also available by appointment.

If pregnancy is suspected, go to the Health Service one week to ten days after your period was due. If a pregnancy test is positive and abortion is desired, free legal abortions can be obtained through the Health Service.

Because of budgetary limitations, a dietitian could not be hired to work at Health Services. However, the nurses there are very helpful and will counsel women as to proper nutrition, diets, and weight control.

continued on page 4



Special Events

United Farmworkers

August 15—a demonstration in remembrance of the three farmworkers killed last year.

Meet at 855 Cote des Neiges at 3 p.m.

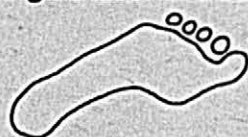
September 11—the municipal court sentences the farmworkers arrested last week on charges of blocking pedestrian traffic. Meet at 755 Gosford at 9:30 p.m. to picket the courthouse.

September 12—United Farmworkers' Week begins. Meet at the Marche Central at 3:30 a.m. to stop the grapes at the picket line as they arrive on the trucks. Breakfast provided by a local church at 7:30 a.m.

International Chile demonstration on September 11.

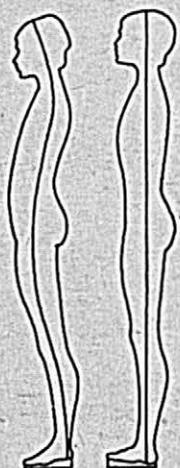
Roots would like your next walk to class to be a part of your education.

We'd like you to learn a little about your feet—why they work as they do, and why they don't always work as they should. Did you know, for example, that if instead of banging your soles about on campus concrete, you were to go strolling barefoot on a beach,



two things would result. First, your grades would drop. Secondly, your heel would make the deepest part of your footprint. This is because nature intended your heel to be the lowest part of your body.

So in Roots your heel sits in the



lowest part of the shoe. You immediately stand straighter. And when you walk, you use leg muscles you probably haven't used for years. All of this takes the load off other parts of your body, parts which all too often get overworked from incorrect posture.



If you're wondering whether all this can happen in good-looking well-made footwear, try on a pair for yourself. One look should persuade you that Roots is much more than a beautiful idea. It's also a very attractive shoe.



2065 Bishop
(at de Maisonneuve)

Conference On Minorities

**Wednesday August 28
to Monday September 2**

Drama, Dance, Lectures, Discussion,
Films



**Participation by Young Canadians,
Europeans, and Americans**

Organized by:
The Hillel Foundation of Montreal
Canadian Union of Jewish Students
World Union of Jewish Students

Information:
845-9171
3460 Stanley
Montreal, Quebec

Sponsored by the Secretary of State — Citizenship Department

Orientation

Orientation, from Aug. 12 to Sept. 6, is meant to familiarize new students with McGill University and the Montreal area.

The program will provide information about the geographical layout of the campus, student services, the libraries, and the clubs and activities at McGill. In addition, students will be able to meet deans, professors, and academic advisers to discuss course selection.

After Orientation ends, the Orientation Committee will present an entertainment program, running from Sept. 7 to Sept. 28. This program will include a pub night with a Bavarian band, a folk night with Penny Lang, a bus tour of Montreal, a tent cafe on lower campus (Sept. 13-21), free

showings of the films Paper Moon and The Paper Chase, and panel discussions on sexuality (Sept. 18), nutrition (Sept. 24), and legal problems (Sept. 25). There will also be pie-eating contests, tug-of-wars, a kiss-in, and a jazz festival.

More information on the entertainment program can be found on campus posters or obtained from the Orientation Committee in room B26-27 in the Students' Union building (392-8911).

Participate in university life. Become involved in Orientation events and other campus activities. Meet friends and have fun during the entertainment program.

Dates of Events

Sept. 7
Exhibition Football: 2 p.m.
Molson Stadium, Pub: 8 p.m.
Union Ballroom

Sept. 9 to 12
Free Films: 2 p.m. TBA

Sept. 13
Brass Quartet: noon, Redpath Terrace. Folk Night: 8:30 p.m. (Penny Lang) Union Lounge.

Sept. 13 to 21
Tent Cafe: noon - 7 p.m. Lower Campus

Sept. 14
Bus Tour 1 p.m. - 4 p.m. Lower Campus

Sept. 16
Tug of war: noon. Lower Campus. Trip to Macdonald Campus: 6 p.m. Lower Campus.

Sept. 17 to 20
Special Events: noon. Lower Campus.

Sept. 17
Part in Residences.
Residences. Debate: 7 p.m. Union Lounge.

Sept. 19
Israeli Lunch with Music and Entertainment. Film: Paper Moon 7 & 9 p.m. Leacock 132.

Sept. 20
"Get Acquainted" Pub: 8:30 p.m. Union Ballroom.

Sept. 21
Festival: noon - 7 p.m. Lower Campus. Film Society: Paper Chase 7 & 9 p.m. FDA.

Sept. 23
Activities Night: 3 - 6 p.m., 8 - 11 p.m. Union Ballroom.

Sept. 24
Nutrition Evening: 8 p.m. Leacock 132

Sept. 25
Legal problems Evening: 8 p.m. Leacock 219

Sept. 27
Reception Party (Overseas Students)

Sept. 28
Football: Redmen vs. Loyola 2 p.m. Molson Stadium. Pub: 8 p.m. Union Ballroom.

Mansfield Book Mart

2065 MANSFIELD

845-1872 845-1846

Art History and Criticism
Drama
Fine Arts
History
Literature
Philosophy
Psychology
Sociology

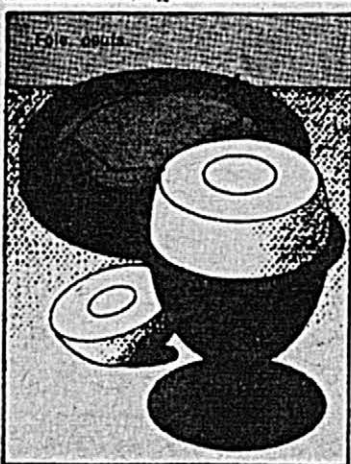
NUTRITION

The pros of breakfast

Studies of the effect of breakfast habits on physical and mental efficiency have shown that:

- physiological performance (measured by a treadmill test) decreased in late morning hours when breakfast was omitted.
- attitude toward school work and scholastic achievement were poorer when breakfast was omitted.
- the content of the breakfast did not determine the efficiency as long as it was nutritionally adequate.
- a breakfast providing one-quarter of the daily calorie requirement and one fourth of the daily protein allowance was superior to smaller or larger breakfasts for maintaining efficiency in the late morning hours.
- a protein intake of 20 to 25 grams was best for maintaining blood glucose level during the late morning

by Janet Fairchild



hours. Proteins maintain blood glucose levels for a longer period than carbohydrates, which are more rapidly absorbed and used up.

- the omission of breakfast was of no value in weight reduction.
 - In industry, breakfast-skippers are found to accomplish less work and have more accidents.
 - In an effort to relieve mid- or late-morning fatigue, breakfast-abstainers frequently indulge in snacks which are high in calories but low in protein, vitamins and minerals.
- If every minute counts in the morning, do a little planning

and make use of today's convenience foods. Fruit juices can be prepared the night before. Store them covered and in a cool place for best retention of flavor and vitamins. Ready-to-eat enriched or whole-grain cereals are available or experiment with combinations of dry cereals for more varied breakfasts. Cheese, sliced cold meats, and peanut butter are protein foods that can be served quickly in the morning. Instant breakfasts provide a balanced start to the day's nutrition for incurable late-risers.

Vegetarian fare

Soaring meat prices and increased awareness of ecology are encouraging many people to switch to vegetarian diets. While many people have been forced to survive on vegetarian diets for centuries, inexperienced North Americans require sound knowledge of proteins if they are to make the switch a health benefit rather than a detriment.

People who give up flesh foods can be classified as:

- Lacto-ovo vegetarians—those who eat an all vegetable diet supplemented with milk products and eggs.
- Lacto-vegetarians—those who eat vegetable foods and milk products.
- Pure vegetarians or vegans—those who eat only vegetable foods with no foods of animal origin.

Proteins supply amino acids for growth and maintenance of body tissues. The human can manufacture many amino acids; but there are eight which must be supplied in the diet. These essential amino acids

are: isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine. Infants need also histidine and perhaps arginine.

Plant protein foods are often called "incomplete," since they do not supply all eight essential amino acids in the required proportions. If a protein does not contain all of these amino acids in suitable proportions, it will be useful only as a source of energy. Incomplete protein foods can be combined in the same meal, however, to complement each other.

Since milk and egg proteins have very good amino acid compositions, lacto-ovo-vegetarians and lacto-vegetarians can substitute plant foods for flesh foods with few worries. Vegans or pure vegetarians have to plan their meals to supply all the essential amino acids. Seeds and grains are both lacking in lysine and leucine. Legumes can complement the seeds and the grains.

The following table shows some plant foods which are rich in a particular limiting amino acid and should be included frequently in the diet.

The vegetarian diet can provide the recommended daily allowances for each nutrient. Decreased vitamin B12 intakes have been observed since this vitamin is only found in foods of animal origin. Clinical signs of deficiency are sometimes seen. An artificial source of the vitamin such as fortified soya milk is a good precaution.

The sources for specific nutrients in a vegan diet are:

Calcium: greens, citrus fruits, legumes, molasses

Phosphorus: whole-grain cereals

Iron: whole-grain cereals, dried fruits, legumes, molasses

Group	Name	Amino Acid
Legumes	black peas	isoleucine
	green peas	lysine
	soy beans	tryptophan
	lima beans	isoleucine
Seeds, nuts	cashews	tryptophan
	Brazil nuts	tryptophan,
	sesame seeds	methionine
Grains, cereals	wheat germ, soy flour	lysine
	barley, wheat bran,	methionine
	millet	methionine
		methionine
Vegetables	mushrooms	methionine
Yeast	Brewer's yeast	lysine, methionine

vitamin A : fruit and vegetables, especially deep green or yellow

vitamin B : (thiamine) greens, whole grain cereals, wheat germ, brewer's yeast

vitamin B : (riboflavin) greens, whole grain cereals

vitamin B : (niacin) peanut butter, whole grain cereals, legumes, yeast

vitamin D : enriched margarine

vitamin B : all foods

vitamin B : soya milk (fortified)

The advantages of vegetarian diets are lower costs to the environment and pocketbook and substitution of vegetable fats for animal fats resulting in reduced serum cholesterol levels. Vegetarian diets can also be lower in calories, particularly since vegans often reject sugar and high-calorie refined snack foods.

For vegans, the book, Diet for a Small Planet, by Frances Moore Lappe (Ballantine Books-Paperback \$1.25), provides a guide to balanced meal planning with recipes. There is also a sequel, "Recipes for a Small Planet", with a foreword by the same author. (Paperback \$1.50).

Zen macrobiotic diets

The Zen macrobiotic diet created by George Oshawa is an extreme and unfortunate example in the trend toward natural and organic foods. The originator claims there is no disease which can't be cured by a diet of natural foods. Many followers see the diet as a means of spiritual awakening or protest against the establishment.

Macrobiotics believe health and happiness depend on a proper balance between the "Yin" and the "Yang." Yin foods are supposed to cause one to relax and open up while yang foods cause one to contract and be more active.

Zen macrobiotics "progress" through several regimens. There are 10 levels. The lowest level consists of 10% soup, 30% animal products, 15%



salads and fruits, and 5% desserts. The highest level is 100% cereals.

A typical Zen Macrobiotic Menu:

Breakfast:

50% sauteed rolled oats
25% steamed carrots
25% niso broth with garnish of green onion

Lunch:

50% buckwheat noodles and broth
25% sauteed broccoli
25% seaweed with soy sauce
warm tea

Dinner:

50% whole brown rice
25% black beans or pink beans
25% baked apple with tofu
warm tea

Strict followers are in danger of incurring serious nutritional deficiencies. Cases of scurvy, anemia, hypo-proteinemia, loss of kidney function and even death have been reported. Children raised on the diet could become mentally retarded due to inadequate nutrition for developing brain tissue.

Tips for food buying

To keep the grocery bill under control:

Before leaving home...

- Have an idea of what foods you will need for the week.
- Check what you have on hand.
- Make a list of the items and amounts you need.

At the store...

- Use your list to avoid

continued on page 6

Woman

continued from page 1

The atmosphere at McGill Health Services is very relaxed and completely confidential. Women are urged to drop in for a regular check-up, with a specific problem, or just for counselling.

by Susan Gotthell

A Woman's Health Workshop is planned for the second week in October. It should be very informative — watch out for it! **Athletics**

It is well known that there is a complementary relationship between a healthy mind and a healthy body. But as an article in *Sports Illustrated* (May 28, 1973) stated: "Sports may be good for people, but they are considered a lot gooder (sic) for male people than for female people". It is unfortunate that McGill University Athletics Services reflects this attitude.

Especially in financing, discrimination against women's athletics is flagrant. Last year's allotment of \$20,139 for the men's hockey team nearly equalled the women's entire operating budget (\$21,120) for intramural and intercollegiate teams (including badminton, basketball, curling, fencing, field hockey, ice hockey, swimming, tennis, and volleyball).

The Victorian image of women as physically weak led most early educators to down-play physical activity for women. Because athletics reflect cultural norms, they have tended to perpetuate sex stereotypes and myths about what is "right" for men and what is "right" for women. Women have not been encouraged to participate in athletics at least partly because the traits associated with athletic excellence — achievement, self-confidence, aggressiveness, leadership,

Daily photo by Martin Heller



strength, swiftness — are often seen to be in "contradiction" with the role of women.

There is no justification for such discrimination. Press for change. Use the women's athletics facilities to their fullest — whether it is recreational or instructional, intramural or intercollegiate sports.

Other Student Services

Other McGill Student Services do not as yet offer services specifically relating to women. Hopefully this will be changed in the near future. For example, McGill Placement could institute a program of actively expanding areas for women's employment. Special counselling programs could be set up to deal specifically with such problems as career orientation and planning, the single or divorced woman, and older women who are returning to school.

Daycare

More and more married women are returning to university to continue their education. Many women, underpaid, must additionally carry heavy baby-sitting expenses. The University should realize its responsibility toward these women by providing adequate daycare facilities. McGill does not.

By contrast with many other universities, McGill offers very little help to the working or student mother with children. Only one day care centre exists on campus — the McGill Community Family Centre, 3491 Peel Street. Although it serves 40 children, aged two months and up, there is now a long waiting list. Fee is based on a "sliding scale" — between \$60 and \$120 per month — according to income. But \$60 per month is too much for a student or worker to pay. Daycare is a right not a privilege!

A Day Care Cooperative, run by parents, was to be set up, but McGill has so far failed to provide adequate facilities.

Continuing Education

Most women who want to go back to school or find some new direction for their lives have special problems. Women are generally not taking courses in addition to a full-time job. Very often they have been home for years and have lost the skills needed to re-enter university.

Many institutional barriers restrict mature women from taking advantage of available educational opportunities. Programs tailored to their special needs and interests are therefore necessary. Many univer-

sities have special Continuing Education programs set up for women, but McGill has not yet investigated the special requirements in this area. What are needed are continuing education programs that provide part-time enrollment, flexible hours, short-term courses, child care, counselling, financial aid, and limited residence requirements.

Women's Studies

Representations of the world, like the world itself, are the work of men; they see it from their own point of view, which they confuse with absolute truth.

—Simone de Beauvoir

how well would you do on a test that read like this:

1. When was the women's suffrage amendment passed?
2. List 30 famous Canadian and/or American women, excluding First Ladies and movie stars.
3. List 30 female writers.
4. What percentage of mothers of pre-school children work outside the home?
5. List the measures science has taken to achieve painless childbirth.
6. What role have women played in the development of methods of food preservation?
7. List methods that women, as a group, have used to attain legal reforms.
8. Identify: Louise Nevelson, Nadia Boulanger, the Grimke sisters, Emma Goldman, Lucretia Mott, Margaret Fuller, Margaret Sanger.

Realizing that my interpretation is a subjective one, I feel that at its core is the refusal of the University to take women, as a group, seriously. In this it does no worse than reflect the general social attitude. But for a University which prides itself on its preeminence, on being "elite", on having an inclusive skeptical approach, this conformity is hardly laudatory.

—Jo Freedman,
Committee on University
Women,
University of Chicago

Very few women could pass a test that called for knowledge of their own heritage. It is exactly this problem that Woman's Studies courses attempt to resolve.



Daily photo by Steve Eisenberg

Women's courses were started because of discontent with women's status as it is reflected today in the content of traditional university curricula, e.g. psychology, literature, economics, and history. When women are mentioned at all, they are treated as peripheral, an appendix to the topic, or exceptions to the norm. References to women in textbooks, card catalogs and indexes reveal a scholarly tradition in which women are virtually invisible.

Women have internalized these negative views of women's activities to the point where women have poor self-images and lower aspirations as a result. One of the purposes of women's courses is to restore women's self-esteem and to instill a sense of identity.

Women's Studies are also meant to study many basic social and cultural phenomena. A course in Subordination and Domination, for instance, could consider not only male/female relationships but also such other relationships as worker/employer, homosexual/heterosexual, and colonized/colonizer.

Many universities have their own Woman's Studies departments, offering undergraduate and even graduate degrees in this field of study. McGill offers a few courses that pertain to women within individual departments. Professor Marlene Dixon will be offering a 3-credit course this Fall

through the Sociology Department entitled **Women's Liberation. Introduction to Business for Women and Behavioural Dimensions of Women in Management** are two new courses that were created especially for women. They are offered by the Centre for Continuing Education in cooperation with the Faculty of Management.

McGill lags behind other universities in initiating academic reform in the area of Woman's Studies. It is the responsibility of our educational institutions to meet the educational needs

Sexuality Evening

Those who want to learn about sexual stereotyping and its effects on the personality, homosexual oppression, and other issues relating to sexuality or who want to obtain information about birth control and venereal disease are invited to a sexuality evening Wednesday, Sept. 18, in Leacock 132.

of women. At present, they remain neglected.

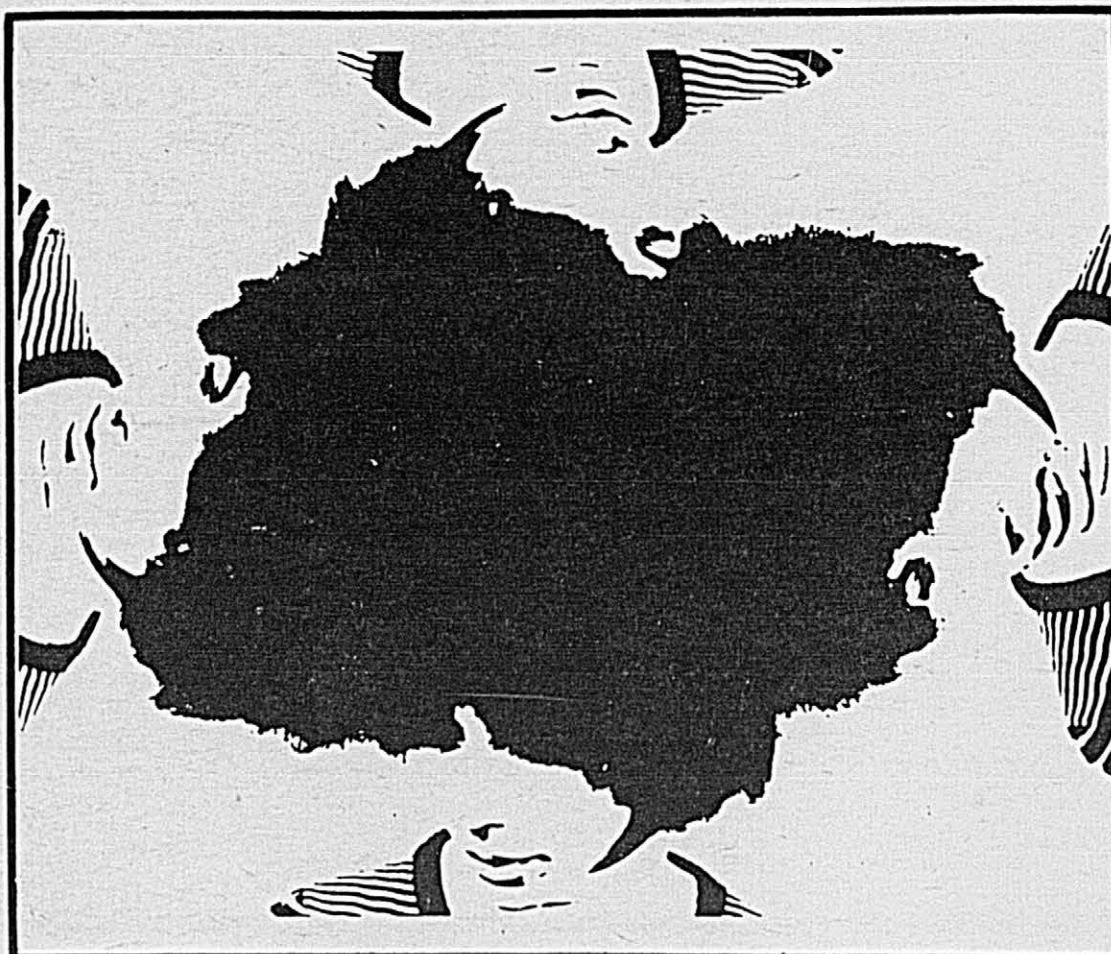
Where can you turn?

Universities are male oriented, and have many more men than women at both the senior-planning level and in student planning. The consequence is that the needs of women students and the insights of women continue to be

largely overlooked. Unfortunately, there is no Dean of Women at McGill who can deal directly with our concerns. Nor is there a woman's Centre established on campus providing a community of support and encouragement, one that challenges the foundations of sexism and that helps women to become whole human

beings.

Interest in the position and problems of women within the university structure is slowly growing. If you have any problems or ideas you'd like to discuss, feel free to contact the new Associate Dean of Students, Dr. Erin Malloy, at 3465 Peel. She'll lend you a very sympathetic ear.





The McGill Daily is the students' newspaper. Last year, we covered campus news extensively. We also analyzed Quebec, Canadian, and international events, including the coup in Chile and liberation struggles in southern Africa. Supplements on topics such as women and medicine were also featured.

We plan to continue this type of coverage, and we need your help to do it. If you feel you have something to offer as a reporter, photographer, layout worker, graphic artist, or cartoonist, join us and help. Experience is not needed. The date of the first organizational meeting will be announced during the first week of publication.

JOIN THE MCGILL DAILY

CHEAP THRILLS

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We buy and sell used paperbacks and records, jazz, rock, r & b, blues and classical. Come and fish around.

Open 6 days a week from 11 a.m.

Nutrition

continued from page 3

forgetting things. It will also help you save time in selecting foods and not be prey to attractive packaging and displays.

- Read labels carefully. They tell you what you are buying and how much. Ingredients are listed in descending order of proportion. The cheaper chicken pie with water appearing first on the ingredient list may be less of a bargain than a more expensive one with chicken listed first.
- Check the grades of canned fruits and vegetables. The lower grades are as nutritious as the higher grades. The words "Fancy" and "Choice" refer to appearance and uniformity of size and shape. The importance of these factors depends on how you will serve the product.



- Buy only quantities you can store properly.
- Save time and energy by shopping when the stores are the least crowded.
- Avoid paying higher prices for the convenience of stores which stay open longer.
- Keep the number of shopping trips to a minimum to save time and travel or delivery expenses.
- Be flexible. Take advantage of specials and adapt to price variations due to season and market availability.
- Keep an eye on the refrigerator to be sure left-overs are used. Watch for or invent interesting new ways of using left-overs.
- Keep track of the cost of foods from restaurants, vending machines, take-out and delivery services. Be

aware of how much extra you are paying for the labour.

- Avoid shopping when you are hungry.
- Health foods can multiply your food costs



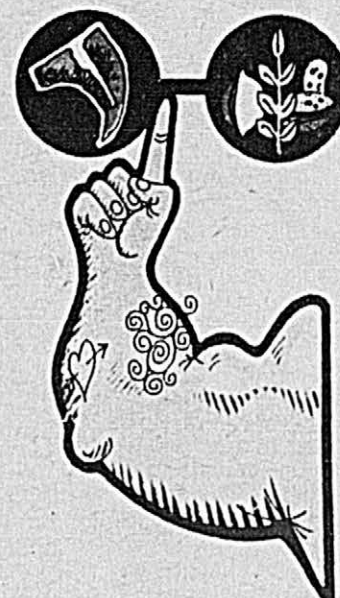
by 1/2 to 2 times. To be sure your meals are nutritionally adequate, eat a wide variety of foods from each main food groups: milk products, meat or meat substitutes, fruits, vegetables, breads and cereals.

Are health foods more nutritious?

Will vitamin pills help you stay awake during lectures?

Is there malnutrition among McGill students?

Find the answers to these and other questions on Tuesday, September 24. A panel discussion on food, one of students' most basic needs, will take place in the Leacock Building Room B2 at 8:00 p.m. Dr. Smith of McGill Health Service will discuss the nutrition problems of Canadians, and in particular those he encounters in his work with students. Three dietitians will discuss solutions to your nutrition problems. The panelists will answer any questions you have or refer you to an organization or specialist who may be able to help you.



aids which magnify any given material—the Optiscope, which provides well-illuminated magnification and a closed circuit T.V. system which affords students with poor vision a greater power of magnification. Both of these devices are self-illuminated; hence the need for dim light, but a lamp of some kind should be provided for close detail.

Who then can profit from such a service? Any student whose visual acuity measures 20/70 or less in the better eye after best possible correction is considered to be partially sighted and is definitely eligible. Legally blind individuals whose acuity measures 20/200 or less, or whose peripheral vision is less than 20 degrees can also benefit. It is important that every student who falls into this category be consulted, so please contact Catherine Browne at 392-4551.

by catherine browne

Impaired Students Need Special Facilities

The visually impaired student faces many difficulties due to the lack of adequate facilities at McGill. Not only their work but their self-esteem can suffer, for without suitable visual aids they feel isolated within the student body. My own experiences as a visually impaired student have led me to believe that this is the case.

Nowhere is the plight of the visually handicapped student more evident than within the



McLennan library. Because every visually impaired student wants to integrate fully, the following Visual Resources Centre is proposed.

The Centre would be divided into separate work and study areas, with an overall capacity of about 15 students. The work area would accommodate students and such non-optical aids as large-print typewriters, brailers, cassette and reel-to-reel tape recorders. The study area would consist of two visual

This special issue of the McGill Daily was prepared by the McGill Orientation Committee. The Daily begins regular publication on September 18.

TOWNES

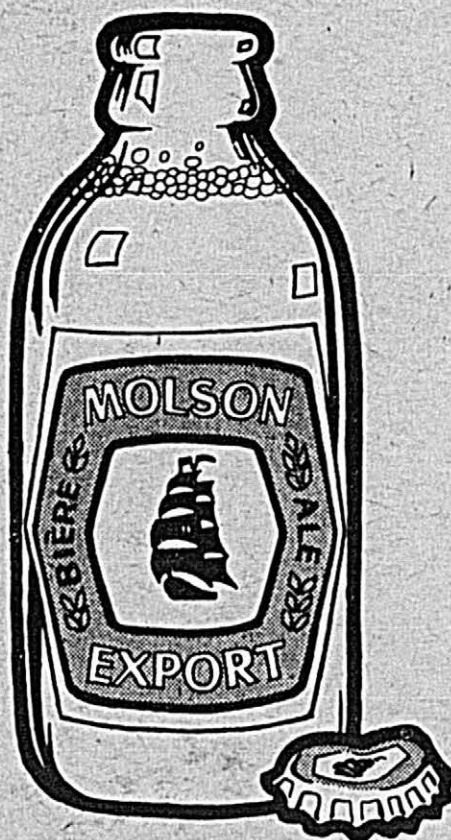
Wants to get to know you!

T-shirts & Sweaters	from \$ 3.00
Pants & Skirts	from 8.00
Dresses	from 12.00
Jackets	from 12.00
Coats	from 20.00

Come & get to know us!!
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THIRST COME.



THIRST SERVED.

Developers Shovel Away Housing

For a student looking for a place to live, downtown housing is a bad situation becoming progressively worse. Commercial development in Montreal has made property speculation attractive, with the result that rents have been driven up and buildings left in disrepair as landlords court developers. Even small landlords have opted for subdivision of apartments and a policy of little or no maintenance in order to pay high city taxes. Projects like the Concordia development on the corners of Park and Prince Arthur Streets are replacing dwellings with office space and expensive one or two-room apartments which are beyond the reach of students and even middle-income families.

McGill continued to attract students for whom it has no housing. With university residences over the past two years receiving 6 to 10 times as many applications as they can accept, students living away from home have had to compete with the general public for apartments that are scarce at the best of times. And since students have traditionally been prepared to pay more to live close to campus,

landlords have inflated rents accordingly.

Tenants must fight for their rights to avoid manipulation in the course of property speculation. Know your landlord's legal responsibilities and present your demands with other tenants in your building.

Bills 2 and 3 define tenant's rights in Quebec. The important obligatory clauses from Bill 2, stating the responsibilities of the landlord and tenant, are listed on the model lease form. These clauses apply to all leases, including those not written on the legal form. Bill 3 is supposed to provide a mechanism to enforce these laws. Tenants' only recourse under this bill is the Rental Control Board, a provincial court.

The model lease form is available at banks and caisses populaires. You should try to make out your lease on this form, to which you can quickly refer to check your rights.

You will circumvent many problems by examining the apartment thoroughly, talking to the last tenant if possible, and then describing completely the condition of the apartment in the lease. You are assumed to have received the apartment in good condition if nothing to the contrary is stated. In the third section of the lease you

should list all additional agreements you have made with the landlord—repairs to be carried out before moving in, furnishings that are included, the landlord undertaking to supply paint if necessary, and agreements concerning the payment of heating bills. If the landlord is responsible for heating, try to have a minimum temperature written into the lease.

The Rental Board's main concerns are rental increases and evictions. All self-contained apartments (rooms with their own kitchen and bathroom facilities) fall within the jurisdiction of the board. To contest new conditions in the lease, rent increases and eviction, or to request the reduction of an unjustifiably high rent, you may apply to the Rental Board. Action on your application, however, may take months and requires a lawyer. In many cases it will not be worthwhile to bring problems to the board because of the time involved and the legal fees. But people living on low income may qualify for Legal Aid (842-2233 in Montreal).

Landlords are responsible for all repairs except for damages caused by the tenant, or by someone allowed access to the apartment by the tenant. When your landlord refuses to make necessary repairs which are legally his or her responsibility, make the repairs yourself, then take the case to small claims court. This is much more effective than going to the Rental

Board, or deducting the money from the rent and risking seizure of your property. The small claims court is much less expensive (five dollars for claims up to \$100, and \$10 for claims from \$100 to \$300) and less time consuming. You and your landlord present your cases personally to a judge.

These are a few of the aids available to tenants when negotiating with a landlord. Do not be a passive tenant. Your landlord has certain responsibilities to you—to provide services and to maintain your dwelling. Most are listed right on the model lease form.

There are several services in Montreal which offer legal advice to tenants. Residents of St. Louis, a section east of McGill, should call St. Louis Tenants' Association at 845-7679 or 845-6088. Other tenants should call them to be referred to the appropriate association.

To learn more about tenant rights attend the legal Problems Evening at 8 p.m. on Wednesday, September 25 in Leacock 219.



WELCOME BACK

- Interviews:** Principal Bell, Dean Mirza, and Peter Ohlin, the new English department head. An interview to suit every taste. p.9
- Transportation editorial:** Transit workers are winning the battle for indexation, much to the government's chagrin. p.11
- Image:** Propaganda at McGill or how to tell it like it isn't. p.11
- Birds:** McGill turns thumbs down on bird research centre. p.12-13
- Children's poetry:** Results of an educational project designed to get children to express themselves. p.15
- Gerald Ford:** Nothing new but the face. p.16
- Zimbabwe (Rhodesia):** Rhodesia will be no longer if ZAPU has its way. Many of the the ZAPU resistance leaders are in Rhodesian jails or dead. Two leaders still free will speak at McGill tomorrow. See inside story for background. p.17
- Cuba:** The revolution was only the beginning of Cuba's fight for survival. p.20

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